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## ***Content***

- 
1. **Indigenous Games and Health Fitness : With Special Reference  
Khomlainai Martial Art of Bodo Society** **30**  
Guno Sankar Wary  
Mrinal Kr. Wary
  2. **Analysis of Emotional Intelligence Among Men Handball Players** **39**  
Mr. Mrinal Kumar Wary  
Dr. Uday Bhanu Kundu
  3. **Comparison of Motivational Level Among the Soccer Player of West  
Zone Intersarsity** **48**  
Mr. Pawan Gusain
  4. **Effect of 12-Week Yogic Practice on Diabetic Patients** **53**  
Anil Kumar Yadav



# Indigenous Games and Health Fitness : With Special Reference tKhomlainai Martial Art of Bodo Society

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## Abstract

The sport is a part of any distinct cultural society of indigenous peoples. In old days the game and sport was used as a recreational device. The traditional games were arranged depending upon the various seasons of year for amusement and recreation of indigenous community. The traditional games and sports don't possess strict formal rules and regulation. It was played by any peoples and at any time depending upon leisure period.

However the indigenous games upheld great significance in early days. In early societies the peoples had to face against the wild animals because that period the livelihood was near to jungles. In deed that period the playing of indigenous games could make people's health fitness and strong so that they were in a position to face dangers.

The study on the influences of Khomlainai martial arts an indigenous game of Bodo tribe reveals about multi fruitful results and influences upon the players. The Khomlainai martial is a sport as well as it can be applied as a defensive mechanism during the danger. The practice of Khomlainai martial arts can secure physical fitness with sound mind. The mental development and satisfaction of profession can be achieved through this game. It can produce social unity and cooperation among different communities.

## Introduction

**T**he sport is a part of any distinct cultural society of indigenous peoples. In old days the game and sport was used as a recreational device. The traditional games were arranged depending upon the various seasons of year for amusement and recreation of indigenous community. "Sport" comes from the Old French desport meaning "leisure", with the oldest definition in English from around 1300 being "anything humans find amusing or entertaining".

Sport (or sports) is all forms of usually competitive physical activity which, through casual or organised participation, aim to use, maintain or improve physical ability and skills while providing entertainment to participants, and in

some cases, spectators. Hundreds of sports exist, from those requiring only two participants, through to those with hundreds of simultaneous participants, either in teams or competing as individuals.

Modern sports are usually governed by a set of rules or customs, which serve to ensure fair competition, and allow consistent adjudication of the winner. Winning can be determined by physical events such as scoring goals or crossing a line first, or by the determination of judges who are scoring elements of the sporting performance, including objective or subjective measures such as technical performance or artistic impression.

### **Understanding of Indigenous Game**

The meaning of indigenous is native and the game which is played indigenously is called indigenous game. Many of the people point out the indigenous game as traditional or local game. It is believed that each and every modern game of world was developed and promoted from its crude form which is known as indigenous game. The indigenous games and sports don't possess strict formal rules and regulation. The award for winning the match was not a great factor in earlier days. It was played by any peoples and at any time depending upon leisure period. In fact, the traditional games and sports were not used as sports.

The Bodo peoples have also many indigenous games and sports. The Khomlainsai martial art is one influential indigenous games of Bodo community. They used to play the traditional games and sports in various seasons of the year. The playing of games and sports were played as recreational mode in earlier days. However, many these traditional games are played by children.

### **Concept of Health Fitness**

Physical fitness is a general state of health and well-being or specifically the ability to perform aspects of sports or occupations. Physical fitness is generally achieved through correct nutrition, exercise, hygiene and rest. It is a set of attributes or characteristics that people have or achieve that relates to the ability to perform physical activity.

Physical activity provides long-term health benefits for everyone. By being active, we can burn calories that you store from eating throughout the day and it can be as easy as walking the dog or as rigorous as running a marathon. Providing opportunities for children to be active early on puts them on a path to better physical and mental health. It's never too late to jumpstart a healthy lifestyle.

### **About the Bodo Community and Khomlainsai Game**

The Bodos are Mongoloids group of people, linguistically Sino Tibetan speech family and sub group of Tibeto Burmese. The race of the Mongolian people's who are described as the inhabitants of a country lying to the north of the Himalayas and in the western belt of china. According to the collection by Dr. Kameswar

Brahma (educationist and Historian of Bodo Culture), the Bodo country is known as Bod. The word Bod is supposed to mean a homeland. It is also said that there were many parts of the country known as Hor Bod, Kur Bod etc. The settlements of Bodos in India can be traced out as back as 50000 BC. They have their kings and kingdoms in different parts of India especially Northern Himalayan tracts, Gangetic valley and the entire North East India.

The Bodos includes ethnic sub groups like Boro Kocharis, Rabha, Garo, Mech, Koch, Dewris, Sonowals, Dimasas, Lalung, Moran, Tripuris etc. At present Bodos are widely scattered in the entire Brahma Putra valley, Barrack valley and NC Hills, Tripura, Chittagong Hill tracts, North Bank of West Bengal, Nepal and scattered in the border of Nagaland. They are having their distinct language and culture and religions, customs and traditions, faith and beliefs, folk tales and folk literatures and beautiful handicrafts.

It is said that in long period about 108 kings ruled over the Bodo kingdom and king Daimal also was one of them. Jwhwlaio Daimalu, could become commander in chief of king Daimal from a very petty position of a cook, who was appointed to serve Rangadao and Degadao the two wrestler brothers of that kingdom. Even before he became a cook, he had to suffer a lot both physically and mentally in the hands of his step mother in different ways.

Dwimalu who could drive away the wrestling party coming from the western directions. He could defeat this party who had defeated even Rangadao and Degadao, his masters and could gain the post of commander in chief. He was able to raise the pride to king Daimal after defeating the kings of Burma and Manipur as per the will of his king Daimal only.

### **Prime Objectives of this Paper**

- ❖ To trace out the historical background of the traditional games including Khomlainai Martial Arts of Bodo society.
- ❖ To reflect the significances and Influences of Khomlainai Martial arts upon the Bodo sports society.
- ❖ To reveal the importance of Khomlainai Arts as a self defense mechanism in times trouble or danger.
- ❖ To encourage securing physical fitness and self disciplined through practice of Khomlainai Arts.
- ❖ To explain the trend in the field and scope of Khomlainai Art games as a profession among the youth.

### **Methodology**

In preparing this paper of Indigenous Games and Health Fitness: (With special reference to Khomlainai Martial art of Bodo Society) with special reference to



Khomlainai art.”, the analytical and observation method is applied. The data are collected based on primary and secondary sources. The primary source is based on observational method and field study. The secondary source is based on books, journal, newspaper, website etc.

### **Significance of this Research**

The practice of Khomlainai martial arts has many significances. The study on the influences of Khomlainai martial arts reveals about multi significances and influences upon the players. The Khomlainai martial is a sport as well as it can be applied as a defensive mechanism during the danger. The practice of Khomlainai martial arts can secure physical fitness with sound mind. The mental development and satisfaction of profession can be achieved through this game. The playing of game adhering rules can produce social unity and cooperation among different communities.

Study on influence of Khomlainai has achieved some findings. Khomlainai game is very old as old of Bodo civilization. Khomlainai of Bodo society was very essential part of Bodo's traditional livelihood. The Khomlainai practice of Bodo society was regarded as more amusement and recreation than sports. Rules are flexible. The rules which differ from other are settled on compromise by both contestants prior to the exhibition or competition to avoid the dispute. Understanding or agreements are made in fixing the rules of the game on the spot between the teams. Game is treated as recreational entertainment which has a cultural attachment. Recreational values are given due importance. As the Khomlainai martial is unique and typical it has capacity to hold distinct identity of Bodo society around the world. As the Khomlainai martial arts are based on combative tactics, it can be applied as defensive mechanism in the situation of danger against enemy. The practice of Khomlainai can bring physical fitness to players.

### **What is Komlainai Game**

Khomlainai is a Bodo word means wrestling. It indicates the various techniques of unarmed combat for self defense, involving the skilled application of pulling, pushing, lifting, kicking, punching, blocking with hands, arms and feet for the rapid attack and self defense. It is a version of an ancient form of unarmed combat practiced by the Bodos from ancient days.

The Khomlainai has been developing along with the civilization of Bodo society during the Bodo Kingdom in ancient period. The Bodo kingdom kept wrestler to keep themselves free from onslaught of enemies attack. The Bodo history witness Ragadaw and Degadaw who were great wrestlers of Bodo Kingdoms to defend the territory. It is to be mentioned that Bodos inhabited in the forest and they face the danger from wildlife so many times they were to fight with wild life like tiger, bear etc. and thus naturally they developed their art of fighting which leads to indigenous games.

## **Origin of Khomlainai Game in Terms of Physical Strength**

### ***I. Defensive Factor:***

The need of defensive mechanism from enemies in early Bodo society led to emergence of Khomlainai art or game. The livelihood of Bodo peoples in ancient period is very close with the forest. The Bodo peoples traditionally depend upon the forest resources for their livelihood. The Bodo peoples as agriculturalist had to live near forest or vacuum land to cultivate crops. They also collect necessary materials from dense forest as firewood, vegetables, herbal medicine, meet etc. So in this lives they many times had to confront with the wild animals. So they had to fight against the wild animals in the forest. The confrontation with wild life, dacoits and enemies are still common for the individuals. The youth should shoulder the responsibilities of saving the weak from any kind of physically attack apart from saving himself hence; the physical exercise related to martial art was unavoidable so, he should to learn the technique of martial art.

### ***II. Strength of Kingdom Factor:***

Also the Bodo king used to test their strength through the martial arts or combat. The custom of Bodo kings of testing of their political strength also led to combating art which transformed into Khomlainai game. The Bodo king had habit to keep some powerful wrestlers in their kingdom to test the strength of their province. The last Bodo king named Raja Iragdao kept Ragadao and Degadao the two big wrestlers in his kingdom to defend the kingdom in the side of wrestling. Dwimalu chieftain of army during the regime of king Raja Iragdao was also single boldest wrestler, who could defeat the big wrestlers Ragadao and Degadao. Beside these the kings of both the neighboring provinces had practice of wrestling competition between them to test the strength of their kingdom.

The art of Khomlainai (martial arts) of Bodo is believed to be related with the tradition of Dawha and Arimu practiced by Bodo people. The term “Dawha” mean “War” and “Arimu” means “art or technique”. The practice of such kind of combative art was very common and compulsory of Bodo people, since the Bodo people had their own kingdom. The Bodo people had to depend on that combative art for security of their kingdom and life. The Bodos have been practicing different kind of Dawha Arimu of both armed and unarmed since ancient days. As Khomlainai martial arts, Dahal Tungri Sibnai, Laoti Sibnai, Tokon Sibnai, Gondrai Sibnai, Jong Sunai, Bwrla Gaonai, Bati Sibnai, Sulabari Sunai etc. are also combat tactics of Dawha Arimu.

## **Komlainsai Game and Health Fitness**

As the Khomlainai martial is unique and typical it has capacity to hold distinct identity of Bodo society around the world. As the Khomlainai martial arts is based on combative tactics, it can be applied as defensive mechanism in the situation of danger against enemy. The practice of Khomlainai can bring physical fitness

to players. The excellent players have scope to get employment in some related departments. The excellent players may take the Khomlainai martial arts as a profession and maintain livelihood.

The Khomlainai game holds its importance in many ways. This is like other games which can be played by all players. This game is very unique and typical with great value. This is a good sport which can lead order and happy life. Some important points of Khomlainai game are discussed below:-

### ***I. Khomlainai (Martial Arts) As A Way Physical Fitness***

One of our aims in taking up Khomlainai will probably be to improve our physical fitness. We should adopt a healthy lifestyle, eating and drinking in moderation, and prepare ourselves by gentle exercise. Physical fitness needs to be accompanied by mental fitness if we are to perform as well as possible. This means developing confidence (but not over confidence), awareness and alertness. The Khomlainai game itself is ideally designed to promote these mental skills, which are equally valuable outside society.

The practice of Khomlainai Martial Art as a sport can produce long-term health benefits in following areas.

Prevent chronic diseases such as heart disease, cancer, and stroke (the three leading health-related causes of death)

- ❖ Control weight
- ❖ Make our muscles stronger
- ❖ Reduce fat
- ❖ Promote strong bone, muscle, and joint development
- ❖ Condition heart and lungs
- ❖ Build overall strength and endurance
- ❖ Improve sleep
- ❖ Decrease potential of becoming depressed
- ❖ Relieve stress
- ❖ Increase our chances of living longer

### ***II. Khomlainai Martial As A Defensive Art:***

Unfortunately violent street crime is on the increase in many countries, and some people who feel themselves to be vulnerable turn to martial arts or Khomlainai for self defense. Bodo peoples in old days used to combat against the wild animals as well as enemies in times of dangers. However, in certain situations the Khomlainai game can be a used as a defensive mechanism for safety of their lives.

### ***III. Khomlainai As A Way of Order And Happy Living:***

Games & sports is an unavoidable part of human society. The amusement, recreational and sports have its origin along with the human civilization. Khomlainai(Martial Arts) as sport can be applied as way of order and happy living. The values of the play or game have been realized for a child from different angles. The physical, personal, intellectual social and emotional development of a child takes their fullest shapes due to play. According to Cowell “health, strength and physique determine to a great extent and especially how a child plays. Play skills, in turn, are of major importance in companionship and friendship in the social relationship of children”.

### ***IV. Khomlainai and Physical and Emotional Development:***

The maxim “sound mind in sound body” is very popular in education. A healthy body only can give us mental strength to think properly and reasonably. Due to play activities like skips, runs, throws, bounces, jumps, catches the limbs of the child open up and the muscles get stronger. The large muscles and internal organs of the child cannot be strengthening unless he is allowed to play vigorously. The play makes the child physical and emotional fit and keeps him aloof to be a prey to various diseases. Really, a healthy child is an asset to the society, where as a sick one is a liability. So Khomlainai martial arts can be played to cater physical and emotional development.

### ***V. Khomlainai Martial Arts and Personality Development***

The four dimensions of the personality are the physique, intellect, emotion and social adjustment. However play as Khomlainai martial arts help for the development of these four aspects. The personality of the individual is based on some complicated traits out of which some are inmates and others are acquired and developed. But play acts as integrating force to achieve the required goals and objectives of education. As education is adjustment to the situation, through play activities the child modifies his behavior and becomes a desirable member of the society.

### ***VI. Khomlainai Martial Arts and Intellectual Development***

Play of games and sports assists for the intellectual development of the child. Through play the child gets the opportunity to do certain activities he likes. By this gives recognition to his creative thoughts and finds his own work of world. His creative thinking, exploration, imagination and ideas give new modes to the traditional beliefs and thoughts of the society for which the society finds the great poets and scientists every time. Players of this Khomlainai martial arts can achieve intellectual development in the field of sports.



## **Conclusion**

From above discussion it has become clear that the Khomlainai martial was originated along with the origin of Bodo society. However the Khomlainai is an unarmed martial art having particular style of wrestling. The need of defensive mechanism from the wild animal as well as human beings and the custom of Bodo kings to test the strength of their kingdom were background for the emergence of this Khomlainai game.

In fact the above discussion has depicted the significance of playing Khomlainai martial art towards the securing of physical fitness. It ushers in the physical well being as well as using defensive tool in times of dangers.

In a nutshell, the concerned peoples, authorities, organization, society etc. should come forward together for the preservation and up gradation of this traditional Khomlainai game for longer securing of physical fitness.

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## **Unstructured Personal Interview**

- ❖ Mr.Chanakya Brahma,age-70, Rted Principal of DIET,Kokrajhar,great culturalist,writer, founder & grand master of Khomlainai martial arts. Interviewed on 16th July, 2011.
- ❖ Mr. Prasanta Brahma,age-59,Headmaster LP school,Kokrajhar. Interviewed on 26th August,2011.
- ❖ Mr.Simson Muchahary,age-58,Headmaster Gaurang high school & Ex.secretary Kokrajhar district sports association. Interviewed on 14th March,2012.
- ❖ Mr.Ajit Basumatary,age-42,director,BL channel & reporter of the Sentinel. Interviewed on 20th July,2011.
- ❖ Mr.Adangjara Basumatary,age-50,eminent social worker. Interviewed on 12th Feb,2012.
- ❖ Mr.Pranjit Narzary,age39,employee Assam police & black belt in Wushu. Interviewed on 6th March,2012.





# Analysis of Emotional Intelligence Among Men Handball Players

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## Abstract

Emotion as the process by which motivational potential is realized on 'read' our, other activated by challenging stimuli. In other words, emotion is seen as a 'read out' mechanism carrying information about motivations systems. The purpose of the study was to analyze the level of emotional intelligence among men handball players. 48 men handball players were selected as the subjects for the study (four universities i.e. Nagarjuna University, L.N.U.P.E., Kerela University and Osmania University and 12 subjects for each University). The psychological characteristics of emotional intelligence were relevant and contributing factor for performance efficiency of athletes. The emotional intelligence scale for sports person (eiss) was develop and standardized by Rajita Menon .A and Dr. Jayashree Acharya was selected for this study. For the statistical analysis of data, analysis of one way ANOVA was used to compare the best four teams. The level of significance was set at 0.05. The result of the study revealed that there was significance difference was found among men handball players.

**Key words:** Emotional Intelligence, Handball Players.

## Introduction

**E**motional intelligence is an individual ability to adapt, acquire knowledge, solve problem under the stress and duress of emotional influences and challenging situation. It reflects an individual ability to act purposefully, think rationally and to deals effectively to adapt with its environment under demanding situation which induces arousal of emotions. An innate ability which gives us owns emotional sensitivity and our potential for learning healthy emotional management skills. Emotions has long been considered to be of such depth and power that in Latin, for example, they were described as 'motusanima' meaning literally the spirit that moves us. Contrary to most conventional thinking, emotions are inherently neither positive nor negative; rather, they serve as the single most

powerful source of human energy. In fact each feeling provide us with vital and potentially profitable information on every minute of the day. This feedback ignites creative genius, improves and shapes trusting relationships, provides on inmate campus for one's life and career, guides to unexpected possibilities and even saves organization from disaster. To exhibit emotions in very easy but doing it at the right time, at the right place, with right person and to the right degree is difficult. The management of emotions has given rise to the most talked about term "Emotional intelligence." Emotional intelligence motivates employees to pursue their unique potential and purpose, and active innermost potential values and aspirations, transforming them from things they think about, to what they do. Emotional intelligence enables one to learn to acknowledge and understand feeling in ourselves and in others and that we appropriately respond to them, effectively applying the information and energy of emotions on our daily life and work.

### **Objectives of the Study**

- ❖ To find out the analysis of emotional intelligence among men handball players.

### **Hypothesis**

It was hypothesized that there was significant analysis difference of emotional intelligence of among interuniversity south west zone Handball players.

### **Selection of Subjects**

48 men handball players of intervarsity level were selected as subjects for this study. Subjects were members of the best four teams of west zone intervarsity handball tournament (four universities i.e. Nagarjuna University, L.N.U.P.E., Kerela University and Osmania University and 12 subjects for each University.) from the academic year in 2009-10 held at Acharya Nagarjuna University, Guntur (Andhra Pradesh). They were from undergraduate and post-graduate courses. Their age ranged between 18-25 years.

### **Selection of Variable**

The following variable was used for this study:

Emotional intelligence (self awareness, self regulation, motivation, empathy and social skills)

### **Selection of Questionnaire**

A standard test of emotional intelligence scale for sports person, by Menon and Acharya (2005) was selected for this study. It was selected because it is sports specific test.



## Results

**Table-1**

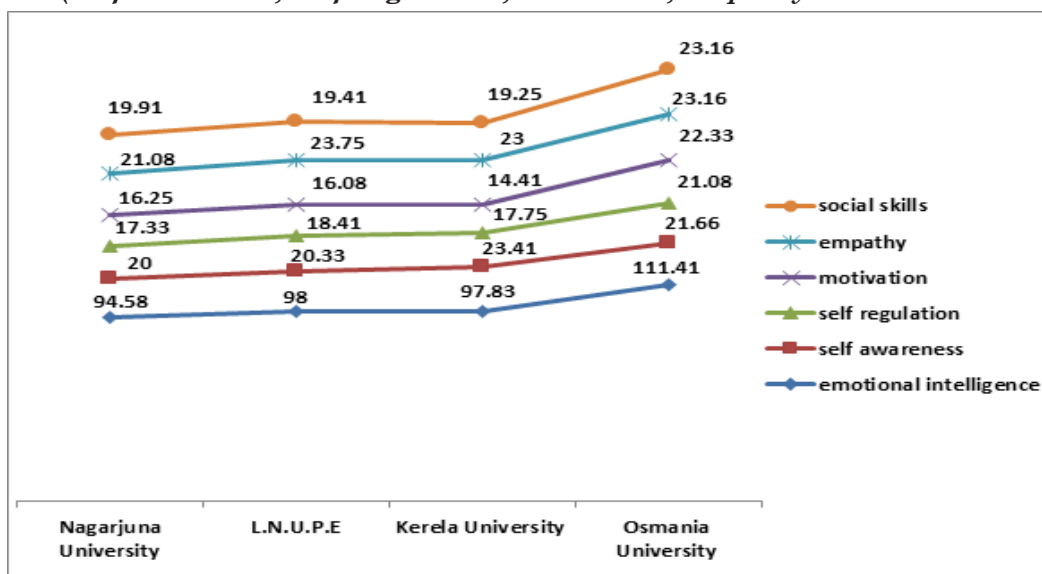
**Descriptive Statistic of Selected Handball University on Emotional Intelligence**

		N	Mean	S.d	Minimum	Maximum
<b>Self Awareness</b>	Nagarjunauniv.	12	20.00	3.27	13.00	24.00
	Lnupe	12	20.33	2.01	17.00	24.00
	Kerala univ	12	23.41	2.99	17.00	27.00
	Osmania univ	12	21.66	3.55	14.00	27.00
	total	48	21.35	3.21	13.00	27.00
<b>Self Reg.</b>	Nagarjunauniv.	12	17.33	2.57	15.00	22.00
	Lnupe	12	18.41	2.46	15.00	23.00
	Kerala univ	12	17.75	1.65	16.00	21.00
	Osmania univ	12	21.08	2.60	15.00	24.00
	total	48	18.64	2.71	15.00	24.00
<b>Motivation</b>	Nagarjunauniv.	12	16.25	3.07	12.00	22.00
	Lnupe	12	16.08	2.74	12.00	21.00
	Kerala univ	12	14.41	2.15	11.00	18.00
	Osmania univ	12	22.33	6.18	16.00	30.00
	total	48	17.27	4.82	11.00	30.00
<b>Empathy</b>	Nagarjunauniv.	12	21.08	2.57	17.00	25.00
	Lnupe	12	23.75	3.04	18.00	28.00
	Kerala univ	12	23.00	3.16	17.00	28.00
	Osmania univ	12	23.16	3.24	18.00	28.00
	total	48	22.75	3.09	17.00	28.00
<b>Social Skills</b>	Nagarjunauniv.	12	19.91	2.19	16.00	23.00
	Lnupe	12	19.41	2.93	14.00	24.00
	Kerala univ	12	19.25	3.74	14.00	25.00
	Osmania univ	12	23.16	3.24	18.00	28.00
	total	48	20.43	3.38	14.00	28.00
<b>EmoInt</b>	Nagarjunauniv.	12	94.58	7.70	82.00	109.00
	Lnupe	12	98.00	5.95	89.00	109.00
	Kerala univ	12	97.83	6.80	88.00	110.00
	Osmania univ	12	111.41	14.50	82.00	127.00
	total	48	100.45	11.18	82.00	127.00

Table-1 shows that mean and standard deviation of self awareness of Nagarjuna University handball team was 20+/-3.27, L.N.U.P.E. handball team was 20.33+/-2.01, Kerela University handball team was 23.41+/-2.99,Osmania University handball team was 21.66+/-3.55. Mean and standard deviation of self regulation

of Nagarjuna University handball team was 17.33+/-2.57, L.N.U.P.E. handball team was 18.41+/-2.46, Kerla University handball team was 17.75+/-1.6, Osmania University handball team was 21.08+/-2.6. Mean and standard deviation of motivation of Nagarjuna University handball team was 16.25+/-3.07, L.N.U.P.E. handball team was 16.08+/-2.7, Kerela University handball team was 14.41+/-2.15, Osmania University handball team was 22.33+/-6.18. Mean and standard deviation of empathy of Nagarjuna handball team was 21.08+/-2.57, L.N.U.P.E. Gwalior handball team was 23.75+/-3.04, Kerela University handball team was 23.00+/-3.16, Osmania University handball team was 23.16+/-3.24. Mean and standard deviation of overall emotional intelligence of Nagarjuna handball team was 94.58+/-7.70, L.N.U.P.E. handball team was 98.00+/-5.95, Kerla University handball team was 97.83+/-6.80, Osmania University handball team was 111.41+/-14.50.

**Figure-A Mean Value Of Selected Handball University Of Emotional Intelligence (Self Awareness, Self Regulation, Motivation, Empathy And Social Skills)**



**Table-02****Analysis of Variance (ANOVA) of Mean Difference of Emotional Intelligence of Four Teams of West Zone Intervarsity Level Men Handball Players**

		Sum Of Squares	Df	Mean Square	F	Sig.
Self Awareness	Between groups	86.729	3	28.910	3.18*	.033
	Within groups	400.250	44	9.097		
Self Reg.	Between groups	102.229	3	34.076	6.13*	.001
	Within groups	244.750	44	5.563		
Motivation	Between groups	434.729	3	144.910	9.68*	.000
	Within groups	658.750	44	14.972		
Empathy	Between groups	48.167	3	16.056	1.762	.168
	Within groups	400.833	44	9.110		
Social Skills	Between groups	122.063	3	40.688	4.29*	.010
	Within groups	417.750	44	9.494		
EmoInt	Between groups	2010.417	3	670.139	7.63*	.000
	Within groups	3865.500	44	87.852		

Table-2 reveals that calculated f value of self awareness (3.18) was higher than tabulated value (2.82) required to be significant at 0.05 level. This indicates that there was significant difference was found in case of self awareness among selected handball university teams. It is also reveals that calculated f value of self Regulation (6.13) was higher than tabulated value (2.82) required to be significant at 0.05 level. This indicated that there was significant difference was found in case of self regulations among selected handball university teams. It is also shows that calculated f value of motivation (9.68) was higher than tabulated value (2.82) required to be significant at 0.05 level. This indicated that there was significant difference was found in case of motivation among selected handball university teams. It is also shows that calculated f value of empathy (1.762) was lower than tabulated value (2.82) required to be significant at 0.05 level. This indicated that there was no significant difference was found in case of empathy among selected handball university teams. It is also reveals that calculated f value of social skill (4.29) as higher than tabulated value (2.82) required to be significant at 0.05 level. This indicated that there was significant difference was found in case of social skill among selected handball university team. It is also shows that calculated f value of emotional intelligence (7.63) as higher than tabulated value (2.82) required to be significant at 0.05 level. This indicated that there was no significant difference was found in case of emotional intelligence among selected handball university teams.

**Table-3**

**Post HOC Test Of Selected Handball University On Emotional Intelligence**

Dependent Variables	(I)Teams	(J)Teams	Mean Difference(I-J)	Critical Difference(C.D.)	Std.Error	Sig.
Self-Awareness	Kerla University	Nagarjuna University	3.41667*	2.48	1.23130	.08
		L.N.U.P.E.	3.08333*	2.48	1.23130	.016
Self-Regulation	Osmania University	Nagarjuna University	3.75000*	1.94	.96285	.000
		L.N.U.P.E.	2.66667*	1.94	.96285	.008
		Kerela University	3.33333*	1.94	.96285	.001
Motivation	Osmania University	Nagarjuna University	6.08333*	3.19	1.57964	.000
		L.N.P.U.E.	6.25000*	3.19	1.57964	.000
		Kerela University	7.91667*	3.19	1.57964	.000
Social Skills	Osmania University	Nagarjuna University	3.25000*	2.55	1.25793	.013
		LNUPE	3.75000*	2.55	1.25793	.005
		Kerela University	3.91667*	2.55	1.25793	.003
Emotional intelligence	Osmania university	Nagarjuna University	16.83333*	7.72	3.82649	.000
		LNUPE	13.41667*	7.72	3.82649	.001
		Kerela University	13.58333*	7.72	3.82649	.001

**The Mean Difference is Significant at the 0.05 Level**

Post hoc test was applied to find out the mean difference among the selected handball university in term of emotional intelligence which was presents in table no -03. From table-3 it is evident that there was mean difference was found in self awareness in case of L.N.U.P.E.and Kerela University, Nagarzuna University and Kerela University. To be significant at 0.5 level the value require C.D.(Critical Difference) is 2.48.Where as the calculated values (mean difference) are 3.41, 3.08.From self awareness it was shown that the Kerela University had better self awareness than the L.N.U.P.E. and Nagarjuna University. It is also shows that there was mean difference were found in self regulation in case of Osmania University and Nagarjuna, Osmania University and Kerala University, Osmania University and L.N.U.P.E.To be significant at 0.5 level the value require C.D.(Critical Difference) is 1.94.Where as the calculated values



(mean difference) are 3.75, 3.33 and 2.67. From self regulation it was shown that the Osmania University had better self regulation than the L.N.U.P.E., Kerela University and Nagarjuna University. It is also evident that there was mean difference were found in motivation in case of Osmania University and Kerela University, Osmania University and L.N.U.P.E., Osmania University and Nagarjuna. To be significant at 0.5 level the value require C.D.(Critical Difference) is 3.19. Whereas the calculated values (mean difference) are 7.92, 6.25, 6.08. it was shown that Osmania University had better motivation than the Nagrjuna University, L.N.U.P.E., and Kerela University. It is evident that significant mean differences were found in social skills in case of Osmania University and Kerela University, Osmania and L.N.U.P.E., Osmania University and Nagarjuna University. To be significant at 0.5 level the value require C.D.(Critical Difference) is 2.55. Whereas the calculated values (mean difference) are 3.92, 3.75, 3.25. From social skills it was shown that Osmania University had better social skills than the Nagarjuna University, L.N.U.P.E., and Kerela University. It is also evident that there was mean differences were found in emotional intelligence in case of Osmania University and Nagarjuna University, Osmania University and Kerela University, Osmania and L.N.U.P.E. To be significant at 0.5 level the value require C.D.(Critical Difference) is 7.72. Whereas the calculated values (mean difference) are 16.83, 13.58, 13.41. From emotional intelligence it was shown that Osmania University had better emotional intelligence than the L.N.U.P.E. Kerela University and Nagarjuna University.

## **Discussion**

The result of the study revealed that there was significance difference was found among the best four teams of Handball University namely Nagarjuna University, L.N.U.P.E., Kerela University and Osmania University in terms of emotional intelligence accept in empathy factors of emotional intelligence there was no significant difference among of four teams. Overall in all the factors of emotional intelligence, Osmania University team had distinctively different with higher level of emotional intelligence when compare to Nagarjuna University, L.N.U.P.E. and Kerela University but in case of factors of emotional intelligence of self awareness Osmania University had no significant difference was found with all the four teams. It is also evident that all these best four teams require more emotional stability and intelligence due to the nature of demands on the sports man.

## **Conclusion**

The Osmania University team had better and distinctively different in term of emotional intelligence when compare to Nagarjuna University, L.N.U.P.E. and Kerela University.

In the factors of emotional intelligence in self awareness Osmania University

had no significant difference among the all four teams but Kerela University had better significant difference than L.N.U.P.E. and Nagarjuna University.

All the best four teams had significant difference in the factors of emotional intelligence accept in empathy there is no significant difference among of all the best four teams.

In the factors of emotional intelligence in self regulation L.N.U.P.E. and Kerela University, L.N.U.P.E. and Nagarjuna University, and Kerela University and Nagarjuna University had no significant difference.

In the factors of emotional intelligence in motivation Nagarjuna and L.N.U.P.E., Nagarjuna University and Kerela University and L.N.U.P.E. and Kerela University had no significant difference.

In the factors of emotional intelligence in social skills Nagarjuna University and L.N.U.P.E.,Nagarjuna University and Kerela University and L.N.U.P. and Kerela University had no significant difference

It was also evident that in overall emotional intelligence L.N.U.P.E. and Kerela University,L.N.U.P.E. and Nagarjuna University and Kerela University and Nagarjuna University had no significant difference.

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# Comparison of Motivational Level Among the Soccer Player of West Zone Intervarsity

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## Abstract

Most top athletes and coaches believe that psychological factors such as Motivational level a crucial role as well as physical attributes and learned skills in the makeup of champions. Thus Motivational level becomes one of the most important aspects to be developed. Therefore, the study was conducted to assess the Motivational level of University level soccer players. The purpose of this study was to assess the Motivational level among west zone intervarsity soccer players 72 soccer players of 4 team (each team having 18 players) from the West Zone intervarsity 2009-2010 were selected as the subjects. The data for the assessment of Motivational level were collected with the help of Psychological Performance Inventory (PPI) "Dr. LOHAIRE" questionnaire.

The collected data were analyzed by one way analysis of variance (ANOVA). Least Significant Different (Post HOC) test was used to assess the significant differences between the means of Motivational level, wherever the F-ratio was not found significant. The level of significance for this study was chosen as 0.05. The findings of the study indicated that there is a significant difference among the soccer teams in respect to Motivational level.

**Key words:** Motivational level, soccer players.

## Introduction

Motivational level is typically defined as the force that accounts for the arousal, selection, direction, and continuation of behavior. Motivation means the desire and willingness to do something. It is a drive that compels an individual to act towards the attainment of some goal. "Motivation refers to the forces either within or external to a person that arouse enthusiasm and persistence to pursue a certain course of action." Motivation plays a crucial role in learning. It not only sets in motion the activity resulting in learning, but also sustains and directs it.

Motivation is defined as an urge in an individual to perform goal directed

behavior. The motivational model indicates that a sense of felt deprivation generates needs and such needs create tension in an individual. The individual perceives and makes cost-benefit analysis on the ways and means of releasing such tension. Once such perception is cleared, the individual pounces upon the activities and achieves some results. If it is success he feels rewarded and falls in the cycle of motivation again. If it is failure he feels punished and once again after due modification of ways and means pounces back on the cycle or feels frustrated. When people join an organization, they bring with them certain needs that affect on-the-job performance. Some of these needs are physiological; others are related to psychological and social values. The latter are much more difficult to determine and satisfy, and they vary greatly from one to another.

Many times a sportsman is accused of not having mental strength which is indispensable for high-level performance. Thus, mental strength becomes one of the most important aspects to be developed. Therefore, it has become the need of the hour to assess the degree of mental strength in order to take necessary steps to improve the performance. Think big & aim high for sure win. Let your ambition surface, be true to your own self. Your aspiration may seem mere day-dream & wild castles in the air at the start. Never mind & never fear. What appears impossible today will become a reality tomorrow with your determination, deduction & application. Motivation, therefore, though is a dominant intrinsic urge in an individual yet the leader of the team can guide the ways and means by which the followers can satisfy their needs. It is obviously difficult to motivate an individual since he is guided by expressed motivation or unconscious motivation and multiplicity of motivational sequences. It is easy to introduce a team motivation or group motivation where the individual idiosyncrasy loses importance and the group goal becomes the target.

## **Procedure**

The purpose of this study was to assess the Motivational level among the soccer players of west zone intervarsity competition which was held at Patan University Gujarat. For the purpose of this study, 18 soccer players each from 4 qualifying teams i.e. 72 in west zone inter varsity who had participated in session 2009-10 were selected as subjects for the study. It was hypothesized that there will be a significant difference among the soccer teams in respect to Motivational level. These subjects belonged to different states or regions of India. Motivational level was selected as a variable for this study, which were measured through "Dr. LOHAIRE" questionnaire. The Psychological Performance Inventory (PPI) by Dr. LOHAIRE was used to obtain information from the subjects.

Administration of test, the researcher explained the purpose of the study to the subjects before the competition, the PPI questionnaire was distributed to the subjects. The directions were read by the researcher at the dictation speed to make

the subjects understand about what they exactly required to do. The subjects were instructed to respond to each item according to how he generally felt at the time of competition. At every subject has 5 possible responses i.e. A. Almost Always B. Often C. Sometimes D. Seldom E. Almost Never. While the subjects responded to the questionnaire, the researcher verified whether they recorded the answer sequentially and explained the meaning of the words in case of doubts.

### **Scoring**

The completed questionnaire was scrutinized by the scholar in order to insure that the subjects would respond to every item and there was no question left unanswered.

Score obtained by each subjects on each statement were added up which represented once total score on self-concept. To see the difference of Motivational level among the teams of soccer the Analysis of variance “F-ratio” was applied at 0.05 level of significance. For further analysis “Post- Hoc Test” (LSD) was applied. The statistical analysis of data collected on 72 soccer players of west zone inter varsity competition which was held at Patan University Gujarat were presented below.

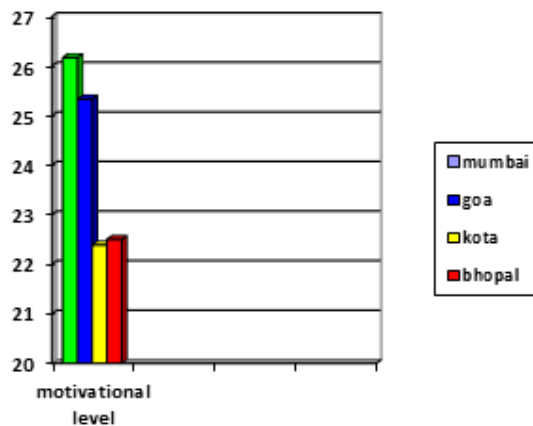
### **Findings**

Finding pertaining to Motivational level, the Descriptive Statistics and one way analysis of variance, which have been presented below :-

*Table-1*

Group	N	Mean	S. D	Std. Error	Minimum	Maximum
Mumbai	18	26.1667	3.16692	0.74645	19.00	30.00
Goa	18	25.3333	3.48104	0.82049	19.00	30.00
Kota	18	22.3889	3.43235	0.80901	17.00	28.00
Bhopal	18	22.5000	3.61777	0.85272	16.00	28.00
Total	72	24.0972	3.75728	0.44280	16.00	30.00



**Fig-1 Mean Comparison of Motivational level of different teams.****Table-2 One Way Analysis Variance of Motivational level**

Source of Treatment	Sum of Squares	Degree of Freedom	Mean Square	F Value
Between Group	203.042	3	67.681	5.758*
Within the group	799.278	68	11.754	
Total	1002.320	71		

**\*Significant (3, 68) = 2.74**

The table indicates that there is a significant difference in motivational level among the different teams of soccer players as the calculated F (5.758) is greater than tabulated F (2.74). As the f ratio found to be significant the data further analyzed with post of test (LSD). The result pertaining to this are presented in following table.

**Table-3 Post Hoc Mean Comparison of Motivational Level**

Mumbai	Goa	Kota	Bhopal	Mean Difference	C.D.
26.16	25.33	0.83	26.16	22.38	3.78*
26.16	22.50	3.66*	2.28	25.33	22.38
2.95*	25.33	22.50	2.83*	22.38	22.50
0.12					

With reference to table it was obtained that there is a significant difference in means of motivational level between the different teams namely Mumbai-Kota, Mumbai-Bhopal, Goa-Kota and Goa-Bhopal.

## **Discussions**

The analysis of data reveals that there is a significant difference in Motivational level among the different teams of soccer players as the calculated F (5.758) is greater than tabulated F (2.74). It was hypothesized that there will be a significant difference among the teams in respect to Motivational level, even the study also exhibited the same that there was a significant difference among the teams in relation to Motivational level. Hence, the hypothesis was accepted at this level.

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# Effect of 12-Week Yogic Practice on Diabetic Patients

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## Abstract

The present investigation was conducted to determine the effects of 12-week yogic therapy on diabetic patients. The respondents chosen for this study were divided into two groups at random. The pre and post-test random group design was used for analysis of the data. Thirty male diabetes patients were selected as a subject for the present investigation of Gwalior city. The patients were coffee bad on the basis of start period sampling when an advertisement was made that investigation is arranging a yogic camp for diabetic patients. All age of the subjects were ranging from 30-55 years. To investigate the influence, the 12-week yogic therapy was imparted to the subject of experimental "A" and control group "B". The groups were consisted of 15 subjects each. The 12-week of yogic therapy includes Poorna Bhujangasana, Dhanur asana, Baddhapadmasana, Kukkut asana and Hal asana. The pair t-test was used to identify the significant differences between the groups at the pre and post-tests data on diabetic patient. The significant values of critical difference at the selected level of 0.05. The obtain value of t-ratio was 8.587 which found the 12-week yogic therapy on diabetic patient was significant improvement at selected level.

**Key words:** Yogic Therapy, Blood Sugar Level, Diabetic Patients.

## Introduction

The technique of yoga has a long background. If the Newton discovered the law of gravitation from the falling of an apple on the ground, the yogis and Rishis living in the midst of nature, watched the animals and birds, noted their behaviour, how they lived, relaxed, rested and also the effect of their food. Whatever was suitable or helpful to human beings, they recommended. Yoga is not new for the society. The saints and sages had propounded it for the benefit of the mankind thousands of years back. Yoga is one form by which some form of understanding in to man the unknown can happen but in total experimental nature. The yogic literature is replete with the benefits of yogic practices to heal various health related ailments and also how to remain in optimum, physical, mental and spiritual health. The interior stretching, compressing of the abdomen

likes a peacock, stretching like a dog or cat quipping the body supple like a snake. Washing the stomach as elephant does, controlling breath like tortoise, hibernating like a fish-these are some of the adopted training. They also sometimes named as Asanas, as imitated from a particular animal or birds, e.g., Ushtrasana, Bhujangasana ,Mayurasana, Gajakarni etc. The effect of these are felt even today when they have been followed. High intake of a sugar and carbohydrate rich diet is especially implicated. The second causative factor is that diabetes is stress related, because the brain is totally dependent on a constant supply of glucose and brain cells immediately begin to die of starvation when this supply is cut off. Diabetic coma and even death result unless sugar is rapidly replaced. In clinical trials, newly diagnosed diabetics have reduced blood sugar to normal levels.

## **Methods**

### ***Subjects***

Thirty subjects were randomly selected from Gwalior. The diabetic patients were coffee bad on the basis of start period sampling when an advertisement was made that investigation is arranging a yogic camp for diabetic patient. All age of the subjects were ranging from 30-55 years. To investigate the influence, the 12-week yogics therapy was imparted to the subject of experimental "A" and control group "B". The groups were consisted of 15 subjects each. The 12-week of yogic therapy includes Poorna Bhujangasana, Dhanur asana, *Baddhapadmasana*, Kukkut asana and Hal asana. To purpose of present study is to determine the effects of 12-week yogic therapy on diabetic patients, Accu check active blood glucometer used to record the amount of sugar present in the blood of the subjects.

## **Accu Check Active Blood Glucometer**

### ***Objective:***

- ❖ Accu check active blood glucometer is used to check the blood sugar level of diabetic patient.
- ❖ Required resources
- ❖ To undertake this checkup you will require:
- ❖ Accu-cek active test strips
- ❖ Softclix lancing device
- ❖ Lancets for lancets for virtually pain-free blood collection
- ❖ Test Procedure

Accu-check Active blood glucose meter used to record the amount of sugar level present in blood of the subjects in the morning with empty stomach as follow: Inserted the test strip and on the meter switched pick to get a drop of blood and place it on the test strip. After the five second note reading display by the instrument on the monitor. This way all 30 subjects blood sugar was tested and

reading was noted for the record. Accu-check active blood glucometer was used to record the amount of sugar present in the blood for pre and post-test of the subjects.

## 12-Week of Yogic Therapy Programme

The students went through yogic therapy (for 12-week) through training programme under strict supervision of the researcher. Experimental group practiced following asana for therapy during the training:

- ❖ PoornaBhujangasana
- ❖ Dhanur asana
- ❖ *Baddhapadmasana*
- ❖ Kukkut asana
- ❖ Hal asana

## Statistical Analyses

The pair t-test was used to identify the significant differences between the groups at the pre and post-tests data for sugar level present in blood of diabetic patient. The significant values of critical difference at the selected level of 0.05

### Hypothesis

It was hypothesized that there may not be significant difference in the effect of 12-week yogic therapy on diabetic patient.

### Inference

Since, the results have shown significant differences in the effect of 12-week yogic therapy on sugar level in blood of the diabetic patient. Therefore, the hypothesis is rejected at the selected level of significance.

## Results

In order to compare the pre and post-test means of all the experimental groups and control group, the 't' ratios were calculated, the results are given in table:

*Table 1*

*Comparison of mean values between pre and post-test of the Blood sugar level of the experiment group*

	Pre-Test	Post-Test
Sample size	15	15
Arithmetic mean	234.5333	127.6667
95% CI for the mean	208.56 to 260.49	119.266 to 136.06

Variance	2198.2667	230.0952
Standard deviation	46.8857	15.1689
Standard error of the mean	12.1058	3.9166
Paired samples t-Mean difference	-106.8667	
Standard deviation	48.2018	
95% CI	-133.5599 to -80.1734	
Test statistic t	8.587	
Degrees of Freedom (DF)	14	
Two-tailed probability	P < 0.0001	

**Table 2**

***Comparison of mean values between pre and post-test of the Blood sugar level of the experiment group***

	Pre-Test	Post-Test
Sample size	15	15
Arithmetic mean	232.8667	233.8667
95% CI for the mean	196.814 to 268.918	197.904 to 269.828
Variance	4238.2667	4217.1238
Standard deviation	65.1020	64.9394
Standard error of the mean	16.8093	16.7673
Paired samples t-Mean difference	1.0000	
Standard deviation	14.4123	
95% CI	-6.9813 to 8.9813	
Test statistic t	0.269	
Degrees of Freedom (DF)	14	
Two-tailed probability	P = 0.7921	



Table 3

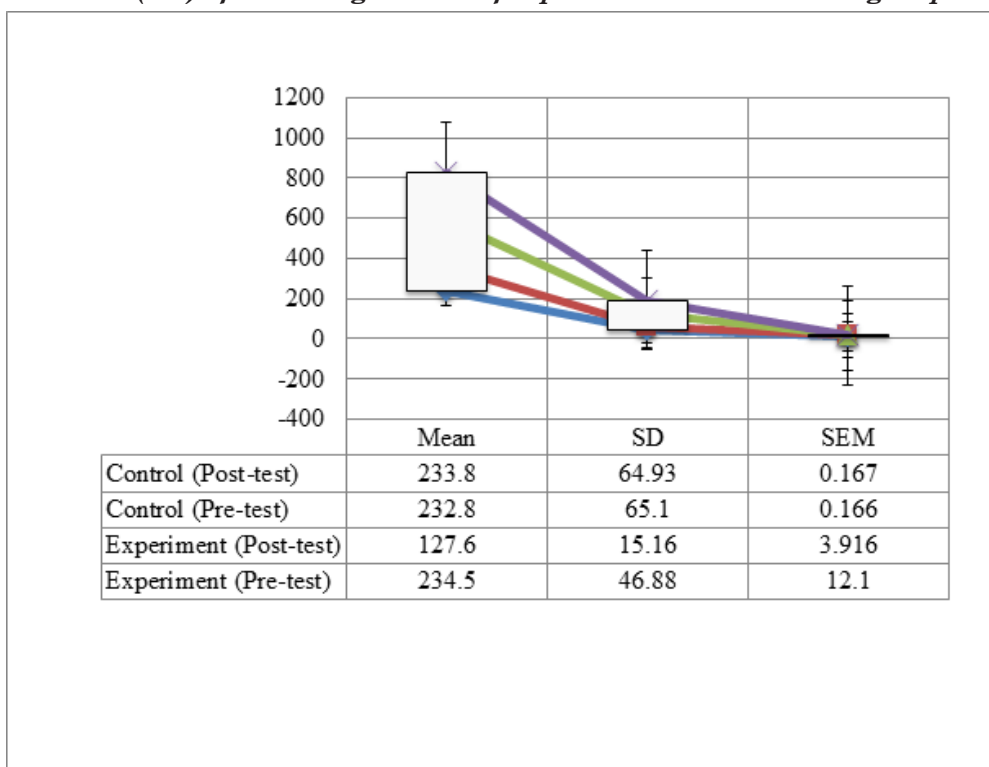
**Comparison of mean values between pre and post-test of the Blood sugar level of the experiment group and control Group**

Group	Experimental (Pre-test)	Experimental (Post-test)	Control (Pre-test)	Control (Post-test)
Number	15	15	15	15
Mean	234.5	127.6	232.8	233.8
S.D	46.88	15.16	65.10	64.93
SEM	12.10	3.91	0.166	0.167
t' Value	8.587		0.269	

As shown in table 3 that the value of pre-test of experimental group and post-test of experimental group mean was 234.5 and 127.6 respectively. Whereas the value of pre-test of control group and post-test of control group mean was 232.8 and 233.8. . The obtained value of t-ratio was 8.587 which were found significant at selected level. Therefore, the hypothesis is rejected at the selected level of significance. The line graph showing the effect of 12-week yogic therapy on blood sugar level of experimental and control group in figure1.

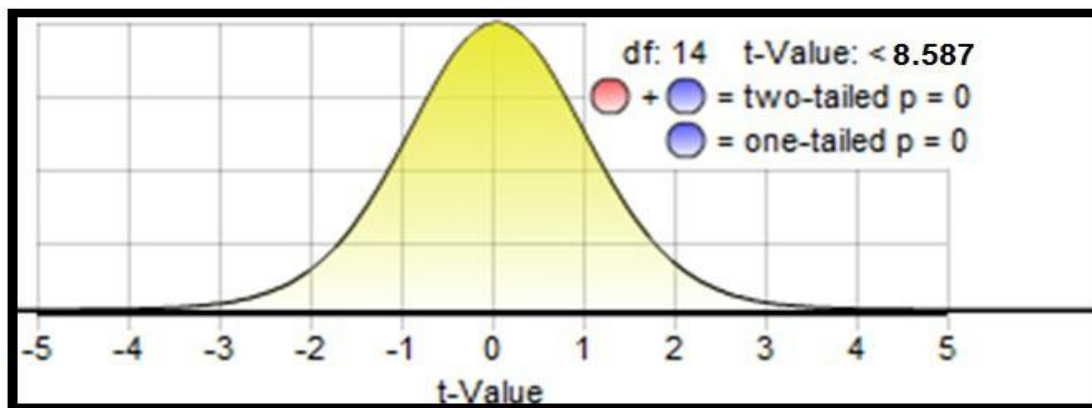
FIGURE 1

**Line graph showing Mean, Standard Error of Mean (SEM), Standard Deviation (SD) of blood sugar level of experimental and control group**



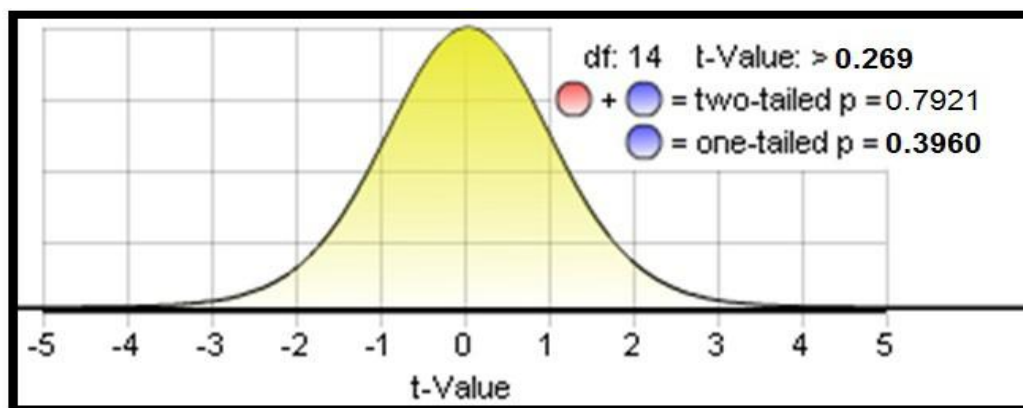
**FIGURE 2**

Probability values of a T-test of experimental group of *sugar level in blood*



**FIGURE 3**

Probability values of a T-test of control group of *sugar level in blood*



## Discussion

The result of the study confirms the notion that any yogic therapy particularly effective on sugar level in blood, when administered according to the set principles of 12-week yogic therapy in progressive manner on diabetic patients. The findings of this study are in consonance with the results of the study done by P. Ananda Kumar an investigation to find out the effect of selected asana and suryanamaskar on test namely resting pulse rate and respiratory rate among diabetic patients. The study revealed that the criterion variables were significantly improved due to the influence of asana and suryanamaskar on resting pulse rate and respiratory rate among diabetic patients. Blood sugar levels are controlled by a complex interaction of multiple chemicals and hormones in the body, including the hormone insulin made in the beta cells of the pancreas by Rother. Through the adoption of

yogic therapy sufficient insulin is produced and functions correctly. The amount of glucose in the bloodstream is normal and ability to store the glucose which helps the subject resulting in maintaining normal sugar level on diabetic patient. The results have shown significant differences in the effect of 12-week yogic therapy on sugar level in blood of the diabetic patient.

## **Conclusions**

Within the limitations and delimitations set for the present study and considering the results obtained, the conclusions were drawn: The sugar level in blood was significantly decreased due to 12-week weeks of yogic therapy on diabetic patients.

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